

Specialized Programs



Seattle
Parks & Recreation

Winter 2022



WHAT'S HAPPENING INSIDE !



Youth Programs
Ages 6-21

Transition Programs
Ages 13-30

Adult Programs
Ages 21 and over



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Healthy Parks  **Healthy You**

Specialized Programs
4554 NE 41st St.
Seattle, WA 98105

GENERAL INFORMATION

Specialized Programs

4554 NE 41st St., Seattle, WA 98105

206-684-4950

www.seattle.gov/parks/find/specialized-programs

PARKS MANAGEMENT

Jesús Aguirre, Superintendent

Christopher Williams, Deputy Superintendent

RECREATION STAFF

Kyle Bywater, Coordinator, Specialized Programs

Linda Guzzo, Administrative Specialist I

Tori Fernau, Adult Sr Recreation Specialist

Savannah Seiple, Youth Sr Recreation Specialist

Hannah Spaulding, Recreation Leader

Hanna O'Donnell, Recreation Attendant

We wish Kat the best of luck in her new job and

Welcome Our New Recreation Leaders

Patrick Aspinwall, Recreation Leader

Sabrina Bates, Recreation Leader

Dorothy Rake, Recreation Leader

ADVISORY COUNCIL

The Specialized Programs Advisory Council (SPAC) members are dedicated volunteers who enrich our community by supporting people with disabilities. The SPAC members are strong advocates effective in educating decision-makers and the community-at-large, speaking of program successes, sharing their experiences, and describing the needs of people with disabilities.

The SPAC holds monthly public meetings to advise staff, review programs, develop policies, plan marketing and advocacy strategies, and more. To attend a meeting or join the SPAC call Kyle at 206-979-4687.

ACCESS: If you have problems with the Access Service, please call Access at 206-205-5000 (for TTY service call 206-749-4286) and talk with their Customer Service staff.

DISCLAIMER: Although we strive to be accurate, this brochure is published for information purposes only. Changes may be necessary to the content depending on levels of participation or other factors.

Fees may change after printing and after City Council action on the City budget each year. Please visit www.seattle.gov/parks for updated information.

IMPORTANT NOTICE FOR ALL WINTER PROGRAMS:



Face masks are required.



We will follow social distancing protocols in programs.



Please do not bring food to any programs, except where noted



Everyone will be screened and temperatures taken prior to each program.

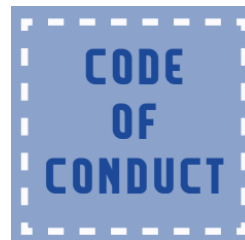


Proof of Vaccination or Negative Covid Test Required

OUR MISSION

We provide exceptional, accessible, and affordable citywide recreation programs and resources for individuals with disabilities and their families. Our specially trained staff develop, conduct programs, and with the advisory council, advocate for specialized opportunities in arts, fitness, and social activities for people with special needs.

- To improve the quality of life and strengthen community
- Provide outreach and advocacy.
- Support a wide range of abilities.



Any participants conduct that is disruptive or unsafe to participants or staff may result in being sent home early that day or unable to attend on a permanent basis for the quarter.

This will be decided on a case-by-case basis and is at the discretion of the program leadership staff. Such conduct includes, but is not limited to:

Destruction of property, harming oneself or another, or refusal to follow the minimum safety requirements to participate in activities. All incidents will be documented and reported to direct caregivers in a timely manner.

INCLEMENT WEATHER POLICY: If Seattle Public Schools are closed, our programs are also cancelled. For further information, call the Specialized Programs office, 206-684-4950, before venturing out in inclement weather to our programs.

SCHOLARSHIPS: Applications are available online or mailed by request for season June 2021 to June 2022.

SIGNS / SYMPTOMS

IMPORTANT NOTICE FOR ALL WINTER PROGRAMS:

- Face masks are required
- We will follow social distancing protocols in programs.
- Please do not bring food to any programs, except where noted.
- Proof of vaccination or negative Covid test required.
- If participant is coming by school bus or access, they must bring a completed wellness form to each program.
- Everyone will be screened and temperatures taken prior to each program.

*As we move indoors for programs, new official mask accommodation requests must be made through Seattle Parks and Recreation ADA coordinator. If you would like to make a mask accommodation request please email: kyle.bywater@seattle.gov or call 206-979-4687 .

Please keep participants home if they exhibit the following symptoms 48 hours prior to program:

- ✓ Fever of 100.4+
- ✓ Cough
- ✓ Shortness of breath/difficulty breathing
- ✓ Congestion
- ✓ Sore throat
- ✓ Fatigue
- ✓ Muscle or body aches
- ✓ Loss of taste or smell
- ✓ Nausea/vomiting
- ✓ Diarrhea



**Thank you for
helping keep
everyone safe!**

YOUTH: 6 – 21 years
TRANSITION: 13 – 30 years

Participants are welcome to attend the Youth Programs until the age of 21.
Transition Program is for participants ages 13-30 years old.

If your child will be attending Specialized Programs, you must have a Participant Information Form on file before you can attend programs. If you attended in-person Fall programs or Summer 2021 Day Camps, the form we have is good.

If you don't have a form on file, we are happy to mail one to you or you can find it online by going to:
<http://seattle.gov/parks/find/specialized-programs>

WINTER 2022 REQUIREMENTS

- ❖ Face masks are required.
- ❖ We will follow social distancing protocols
- ❖ Do Not bring food to any programs, except where noted.
- ❖ Everyone will be screened and temperatures taken prior to each program.
- ❖ Proof of Vaccination or Negative Covid Test Required



REGISTRATION

Please call the Specialized Programs at 206-684-4950 on the dates and times listed below.

Please let us know if you are using Access and if you are using DDA Respite Care or qualified for a scholarship.

Youth Registration Starts at 9 a.m. on the Dates Below for Ages 6-21:

Monday, December 13	Staycation Saturdays	(Can sign up for 2 and be on wait list for 2)
Monday, December 13	Sensory Friendly Saturdays	(Can sign up for 2 and be on wait list for 2)

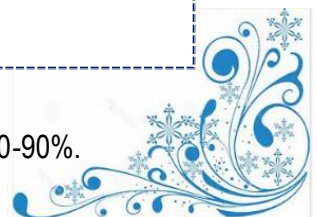
Transition Registration Starts at 9 a.m. on the Dates Below for Ages 13-30:

Tuesday, December 14	Afternoon Hangout
Thursday, December 16	Social Space
Register when you receive the brochure	* Weekly Wellness Virtual Program <i>* this is an email registration program as it is not an in-person program</i>
Register December 6	Basketball Skills & Drills (See back page for more information) <i>This is a Gym program, not a traditional basketball practice.</i> <i>We will not be competing in Special Olympics tournaments this quarter</i>

Winter 2022 PAYMENT:	Please pay by check made payable to: City of Seattle Mail Check to: Specialized Programs 4554 NE 41st St, Seattle, WA 98105
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DDA Respite Care can be applied toward program registration fees.

Scholarships, once approved, can be applied towards reducing the amount to be paid from 50-90%.



➡ **If participant is coming by School Bus / Access, must bring a Wellness Form to each program, completed that day.** ⬅

Staycation Saturdays! Come enjoy some fun, in house activities while socializing with friends! Structured group activities will promote social skills, trying new things, and making independent choices. Let's have some fun!

Dates: Saturdays: January 8, January 22, February 5, and March 5

Eligible: *No 1:1 supervision provided*

Time: 9:30 a.m. - 1:30 p.m.

Cost: \$15 each Saturday

Bring: Sack lunch and drink

Location: Garfield Teen Life Center, 428 – 23rd Ave., Seattle, 98122

Access: Drop off Appointment Time: 9:45 a.m. / Pick-up Window: 1:15-1:45 p.m.

Registration: Registration begins at 9 am on Monday, December 13. Space is limited to 10 participants per date so we can meet our social distancing goals of 6 feet. Participants can sign up for 2 dates and be on the wait list for 2.



Sensory Friendly Saturdays! A program for participants ages 6-21. Engage in games, science, art, music, sensory exploration, indoor and outdoor activities, and some free play. Activities are fun, purposeful, and emphasize each child's strengths to promote independence.

NOTE: This program is designed for youth who need a HIGH level of support to transition, complete activities, and socialize. Please discuss with staff if this program is appropriate for your child.

Dates: Saturdays: January 29, February 12, February 26, and March 12

Eligible: *Moderate to low abilities (program accommodates for 1:2 ratios) for youth unable to transition independently.*

Time: 9:30 a.m. - 1:30 p.m.

Location: Garfield Teen Life Center, 428 – 23rd Ave., Seattle, 98122

Access: Drop off Appointment Time: 9:45 a.m. / Pick-up Window: 1:15-1:45 p.m.

Cost: \$15 each Saturday

Bring: Sack lunch and drink

Registration: Registration begins 9 am on Monday, December 13. Space is limited to 10 participants per date so we can meet our social distancing goals of 6 feet. Participants can sign up for 2 dates and be on the waitlist for 2.



Camp Preview

In Summer 2022 Specialized Programs will be offering eight weeks of day camp for youth with disabilities ages 4-21.

Day Camps will run June 27 – August 20. We are working out the details on time and locations for the camps.

Please be on the lookout for the Youth Summer brochure, registration for camp will be in April 2022.

If you have any questions, please contact: Savannah.Seiple@seattle.gov

➡ **If participant is coming by School Bus / Access, must bring a Wellness Form to each program, completed that day.** ⬅

Afternoon Hangout: Transition program for participants ages 13-30. Participate in enriching group activities such as arts and crafts, sports, games, puzzles, and more. Activities are designed to promote socialization, increase independence, and explore new leisure interests

Dates: Tuesdays, January 4 – March 8

Eligible: *No 1:1 supervision provided*

Time: 4:00 - 5:30 p.m.

Cost: \$35 for the quarter

Location: Meadowbrook CC, 10515 NE 35th Ave., Seattle, 98125

Access: Drop off Appointment Time: 4:15 p.m. / Pick-up Window: 5:15-5:45 p.m.

Registration: Registration begins at 9 am on Tuesday, December 14.

Space is limited to 10 participants so we can meet our social distancing goals of 6 feet.



Weekly Wellness Virtual Program

A weekly online program for teens and young adults ages 13- 30. Participants must have access to a device with a camera to participate. Activities will include games, crafts, discussions and more all based around the domains of wellness. The first 10 minutes will be “free time” to socialize and be silly. (*Program previously called Wellness Wednesdays*)

Dates: Thursdays, January 6 – March 10

Time: 5:30 - 6:30 p.m.

Cost: \$10 for the quarter

Location: Virtual Program On Webex

Registration: Begins when you receive the brochure. Space is limited to 20 participants.

To Register Email: PKS_Specialized_Programs@seattle.gov



Social Space!

Come enjoy some fun, in-house activities while socializing with friends! Structured group activities will promote social skills, trying new things, and making independent choices. Let's have some fun !

Dates: Fridays, January 7 – March 11

Eligible: *No 1:1 supervision provided*

Time: 4:00 - 5:30 p.m.

Cost: \$40

Location: Van Asselt CC, 2820 South Myrtle St., Seattle, 98108

Access: Drop off Appointment Time: 4:15 p.m. / Pick-up Window: 5:15-5:45 p.m.

Registration: Registration begins 9 am on Thursday, December 16. Space is limited to 12 participants so we can continue to meet our social distancing goals of 6 feet.

APPROPRIATE FOR AGES 21 AND OLDER

All Adults attending Specialized Programs must have a Participant Information Form on file before they can attend program.

If you attended in-person Fall programs or 2021 Summer Day Camp, the PIF form we have is good.

If you don't have a form on file, we are happy to mail one to you or you can find it online by going to:

<http://seattle.gov/parks/find/specialized-programs>



WINTER 2022 REQUIREMENTS

- ❖ Face masks are required.
- ❖ We will follow social distancing protocols
- ❖ Do Not bring food to programs
- ❖ Everyone will be screened and temperatures taken prior to each program.
- ❖ Proof of Vaccination or Negative Covid Test Required



➡ If participant is coming by Access, they must bring a Wellness Form to each program, completed that day. ⬅

REGISTRATION

Please call the Specialized Programs at 206-684-4950 on the dates and times listed below.

Please let us know if you are using Access and if you are using DDA Respite Care or qualified for a scholarship.

Adult Registration Starts at 9 a.m. on the Dates Below:

Wednesday, December 8 Fitness with Friends (Pick one of 3 sessions) Limited to 10 per session

Tuesday, December 7 Sunshine Social (Pick one of 4 sessions) Limited to 15 per session

Register when you receive the brochure Rec Round Up Virtual Program
Email or call 206-684-4950

Monday, December 6 Basketball Skills & Drills (See back page for more information)
This is a Gym program, not a traditional basketball practice.
We will not be competing in Special Olympics tournaments this quarter

PAYMENT: Please pay by check made payable to: City of Seattle
Mail Check to be received by December 30

Send to: Specialized Programs
4554 NE 41st St, Seattle, WA 98105



DDA Respite Care can be applied toward program registration fees.

Scholarships, once approved, can be applied towards reducing the amount to be paid from 50-90%.

Fitness with Friends: A movement-based program where we will stretch, play games, and try new exercise routines. All activities can be adapted to meet participant's mobility levels. We will head outside for walks when the weather permits.

Dates: Tuesdays, January 4 – March 8

Cost: \$10

Location: Meadowbrook CC, 10517 – 35th Ave NE, Seattle, 98125

Registration: Registration begins at 9 am on Wednesday, December 8. Sign up for 1 of the 3 sessions. Space is limited to 10 participants per session so we can continue to meet our social distancing goals of 6 feet.



Session 1: Time: 10:00 - 11:15 a.m.

Access: Drop off Appointment Time: 10:15 a.m. / Pick-up Window: 11:00 – 11:30 a.m.

Session 2: Time: 12:00 - 1:15 p.m.

Access: Drop off Appointment Time: 12:15 p.m. / Pick-up Window: 1:00 – 1:30 p.m.

Session 3: Time: 2:00 - 3:15 p.m.

Access: Drop off Appointment Time: 2:15 p.m. / Pick-up Window: 3:00 – 3:30 p.m.



Rec Round Up Virtual Program

Staff will provide structured questions and group games. Join online or by phone.

Location: WebEx Online or Call-in

Dates: Tuesdays, January 4 – March 8

Cost: Free

Time: 5:30 – 6:30 p.m.

Registration: Email: PKS_Specialized_Programs@seattle.gov or call 206-684-4950 starts when you receive the brochure. Also to request the WebEx Link to join online call-in number and access code



Sunshine Social

This weekly program offers structured group activities that build social skills, independence and friendships! Join us for themed celebrations, games, crafts and more!

Cost: \$35 per one quarter session

Locations: Bitter Lake CC 13035 Linden Ave North, Seattle, 98133
Van Asselt CC 2820 South Myrtle St, Seattle, 98108

Registration: Sign up for 1 of the 4 sessions (see sessions listed below).

Registration begins 9 am on Tuesday, December 7. Space is limited to 15 participants per session so we can continue to meet the 6 feet social distancing goals.



Session 1: Bitter Lake CC 10 - 11:45 a.m. Thursdays January 6 – March 10
Van Asselt CC 10 – 11:45 a.m. Fridays January 7 – March 11

Access Session #1: Drop off Appointment Time: 10:15 a.m. / Pick-up Window: 11:30 – 12 noon



Session 2: Bitter Lake CC 1:00- 2:45 p.m. Thursdays January 6 – March 10
Van Asselt CC 1:00- 2:45 p.m. Fridays January 7 – March 11

Access Session #2: Drop off Appointment Time: 1:15 p.m. / Pick-up Window: 2:30 – 3:00 p.m.



Specialized Programs COVID-19 WELLNESS SCREENING FORM¶

This form should only be used for participants approved for drop-off unaccompanied by Parent/Guardian/Caregiver.¶

Dear Parent / Guardian / Caregiver:

Please continue to monitor your participant for symptoms at home, complete and sign a form each day your participant will be coming to program. If any information changes after you have completed this form, it is important that you notify staff immediately.

Site name	Specialized Programs	Date
Participant Name		
Parent/Guardian/Caregiver Name		
Parent/Guardian/Caregiver Phone Number		

1. **If your participant has any of the following symptoms, they cannot attend program.** If your participant has not had any of the symptoms on this list, please mark "no" below.

- | | |
|--|--|
| <input type="checkbox"/> A Cough | <input type="checkbox"/> A fever of 100.4°F or higher or a sense of having a fever |
| <input type="checkbox"/> Shortness of breath or difficulty breathing | <input type="checkbox"/> Recent onset of loss of taste or smell |
| <input type="checkbox"/> A Sore Throat | <input type="checkbox"/> Congestion/running nose – not related to seasonal allergies |
| <input type="checkbox"/> Fever or Chills | <input type="checkbox"/> Fatigue |
| <input type="checkbox"/> Muscle or Body Aches | <input type="checkbox"/> Nausea/vomiting/diarrhea |
| <input type="checkbox"/> Headache | |

No. My participant has none of these symptoms. ☐

2. Has your participant been in close contact with anyone with a confirmed case of COVID-19?	Yes <input type="checkbox"/>	No <input type="checkbox"/>
3. Has your participant had a positive COVID-19 test for active virus in the past 10 days?	<input type="checkbox"/>	<input type="checkbox"/>
4. Within the past 14 days, has a public health or medical professional told you to monitor, isolate, or quarantine your participant because of concerns about COVID-19 infection?	<input type="checkbox"/>	<input type="checkbox"/>
5.	<input type="checkbox"/>	<input type="checkbox"/>

Participants are NOT ALLOWED to stay for program if the answer to any of the above questions is "yes."

Answer "yes" to any question 1-4?	Signature	Date
<input type="checkbox"/> Yes <input type="checkbox"/> No		

***If your participant is ill, they should stay home.** If you have any concerns or questions about your participants symptoms, we encourage you to seek guidance from a health care provider. This screening tool is designed to guide safe practices and is not a substitute for medical evaluation.

SPECIALIZED PROGRAMS

Seattle Parks and Recreation
4554 NE 41st Street • Seattle, WA 98105

Change Service Requested

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PERMIT NO. 152

Basketball Skills & Drills

Join us for a weekly gym program where we will brush up on our basketball skills and drills! Activities will be done with social distancing in mind and can be adapted to meet participant's various mobility levels.

This is a gym program – it is not a traditional basketball practice.

PLEASE NOTE:

WE WILL NOT BE COMPETING IN SPECIAL OLYMPICS TOURNAMENTS IN WINTER 2022

Date: Wednesday, January 5 – March 9

Time: Youth Ages 6-21 yrs: 3:30-5:00 p.m. Adults Ages 21+: 6:00-7:30 p.m.

Location: Miller Community Center, 330 – 19th Ave East, Seattle 98112

Cost: Free

Access: Youth: Drop off Appointment Time: 3:45 p.m. / Pick-Up Window: 4:45-5:15 p.m.

Adults: Drop-off Appointment Time: 6:15 p.m. / Pick-Up Window: 7:15-7:45 p.m.

Registration: Call the Specialized Programs Office, 206-684-4950, to register.

Registration begins 9 a.m. on Monday, December 6 for both Youth and Adults.

Note: Space is limited to 15 Youth and 15 Adult participants so we can continue to meet the 6 foot social distancing goals. Face masks are required.